

# PARSLEY

## QUICK INFO

- Parsley is a biennial in USDA hardiness zones 5b and 6a, grown as an annual.
- The most common varieties of parsley are curly and flat leaf (or Italian).
- Parsley is a very nutritious herb.

## COOKING TIPS

- Flat leaf (Italian) parsley is good in cooking, such as sauces and soups.
- Curly parsley works well as a garnish and is tasty in salads.

## OTHER USES

- Parsley is a natural breath freshener, so you can eat the garnish at the end of your meal.
- Both varieties of parsley can be used as green additions to flower arrangements.

## STORAGE AND PRESERVATION

- Cut stems of parsley can be stored in the refrigerator in a glass jar with a small amount of water in the bottom.
- Cut stems can also be stored loosely in a plastic bag in the refrigerator.
- Chop parsley as needed since, once cut, leaves can discolor.

## GROWING TIPS

- Parsley can be grown in part or full sun.
- Parsley plants should be kept moist.
- Since it is a biennial, parsley left in the ground may come up again the second year, but it will bolt (produce seeds) quickly and will not be tasty. Instead, replace parsley plants every year.

## QUICK & EASY RECIPE

- **Spread for crackers or dip for vegetables (fresh):**  
Mix 3 tablespoons chopped parsley leaves, 2 tablespoons chopped chives, 2 tablespoons

chopped fresh oregano leaves, 2 tablespoons chopped fresh dill, 1 tablespoon fresh thyme leaves and the grated zest of half a lemon; stir herb and lemon mixture into an 8-ounce package of softened cream cheese. Spread on crackers or use as a dip for raw vegetables.

- **Potatoes with parsley (fresh):** Clean 8-12 red potatoes, depending on servings desired; cut potatoes, with skins still on, into 1 to ½-inch cubes; cook in simmering water until potatoes are tender when pierced with a knife; drain well; place potatoes back in cooking pot; add butter, salt and pepper to taste and sprinkle with a handful of chopped parsley leaves; mix together when butter has melted. {Variation – add chopped fresh chives and/or rosemary in addition to the parsley.}



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